

DAFTAR PUSTAKA

- Agustian, N. R., & Putren, I. (2024, June 19). Kesehatan Mental di Indonesia Tahun 2024: Antara Tantangan dan Harapan. *Kompasiana.Com.* https://www.kompasiana.com/rifky15/6672b8a2c925c4791a738562/kesehatan-mental-di-indonesia-tahun-2024-antara-tantangan-dan-harapan?page=all#goog_rew
- Ajzen, I. (2005). Attitudes, Personality, And Behavior. In *Medical Teacher* (Vol. 13, Issue 4).
- Andalasari, N., & Safitri, O. (2023). Perbandingan literasi kesehatan mental pada mahasiswa keperawatan dan non-keperawatan. *Caring: Jurnal Keperawatan Al-Ikhlas*, 9, 58–66. <https://doi.org/http://dx.doi.org/10.70800/jckk.v1i1.125>
- Andrade, C. (2021). The Inconvenient Truth About Convenience and Purposive Samples. *Indian Journal of Psychological Medicine*, 43(1), 86–88. <https://doi.org/10.1177/0253717620977000>
- Angelia, D. (2022). *Alasan Orang Indonesia Tidak Melakukan Konsultasi Kesehatan Mental ke Profesional*. GoodStats. <https://goodstats.id/article/alasan-orang-indonesia-tidak-melakukan-konsultasi-kesehatan-mental-ke-profesional-RmLKx>
- Azedarach, M. R., & Ariana, A. D. (2022). Hubungan Literasi Kesehatan Mental dengan Intensi Mencari Bantuan pada Mahasiswa. *Buletin Riset Psikologi Dan Kesehatan Mental (BRPKM)*, 2(1), 640–651. <https://doi.org/10.20473/brpkm.v2i1.36578>
- Azwar, S. (2013). *Penyusunan Skala Psikologi* (Edisi 2). Pustaka Pelajar.
- Azwar, S. (2017). *Metode Penelitian Psikologi* (2nd ed.). Pustaka Pelajar.
- Barker, G. (2007). Adolescents , social support and help-seeking behaviour consultation with recommendations for action. In *World health organisation*.
- Corrigan, P. (2004). How stigma interferes with mental health care. *American Psychologist*, 59(7), 614–625. <https://doi.org/10.1037/0003-066X.59.7.614>
- Corrigan, P. W., Druss, B. G., & Perlick, D. A. (2014). The impact of Mental Illness

- Stigma on Seeking and Participating in Mental Health Care. *Psychological Science in the Public Interest, Supplement*, 15(2), 37–70. <https://doi.org/10.1177/1529100614531398>
- Corrigan, P. W., & Shapiro, J. R. (2010). Measuring The Impact of Programs that Challenge The Public Stigma of Mental Illness. *Clinical Psychology Review*, 30(8), 907–922. <https://doi.org/10.1016/j.cpr.2010.06.004>
- Dayanti, F., & Legowo, M. (2021). Stigma Dan Kriminalitas : Studi Kasus Stigma Dusun Begal Di Bangkalan Madura. *Jurnal Ilmiah Dinamika Sosial*, 5(2), 96–110. <https://doi.org/10.38043/jids.v5i2.3202>
- Dewi, F. V., Adianta, A., & Parwati, M. (2022). Hubungan antara literasi kesehatan mental depresi dan stigma diri dengan sikap mencari bantuan masalah kesehatan mental pada mahasiswa keperawatan di Institut Teknologi Dan Kesehatan Bali. *Jurnal Riset Kesehatan Nasional*, 6(2), 124–132. <https://doi.org/10.37294/jrkn.v6i2.438>
- Fakhriyani, D. V. (2022). *Literasi Kesehatan Mental: Konsep, Strategi, & Pengaruhnya Terhadap Kesehatan Mental* (pp. 1–16). Madza Media.
- Falasifah, M., & Syafitri, D. U. (2021). Literasi kesehatan mental dan stigma publik sebagai prediktor sikap terhadap bantuan psikologis pada Mahasantri. *Jurnal Ilmu Perilaku*, 5(2), 159–173. <https://doi.org/https://doi.org/10.25077/jip.5.2.159-173.2021>
- Fatahya, & Abidin, F. A. (2022). Literasi kesehatan mental dan status kesehatan mental dewasa awal pengguna media sosial. *Journal of Public Health Research and Development*, 6(2), 165–175. <https://doi.org/10.15294/higeia.v6i2.49871>
- Figarnia, F. K., & Ariana, A. D. (2023). *Pengaruh Literasi Kesehatan Mental Terhadap Intensi Mencari Bantuan Psikologis Pada Dewasa*. 9(05), 356–363.
- Fisip UI. (2024). *Konferensi Ilmiah Tahunan Kesehatan Jiwa Indonesia: Saatnya Bicara Kesehatan Jiwa*. Fisip.Ui.Ac.Id. <https://fisip.ui.ac.id/konferensi-ilmiah-tahunan-kesehatan-jiwa-indonesia-saatnya-bicara-kesehatan-jiwa/>
- Furnham, A., & Hamid, A. (2014). Mental health literacy in non-western countries: A review of the recent literature. *Mental Health Review Journal*, 19(2), 84–98. <https://doi.org/10.1108/MHRJ-01-2013-0004>

- Golberstein, E., Eisenberg, D., & Gollust, S. E. (2008). Perceived Stigma and Mental Health Care Seeking. *Psychiatric Services*, 59(4), 392–399. <https://doi.org/10.1176/appi.ps.59.4.392>
- Guilford, J. P. (1965). Fundamental Statistics in Psychology and Education: New York: McGraw-Hill.
- Hammer, J. H., & Spiker, D. A. (2018). Dimensionality, reliability, and predictive evidence of validity for three help-seeking intention instruments: ISCI, GHSQ, and MHSIS. *Journal of Counseling Psychology*, 65(3), 394–401. <https://doi.org/10.1037/cou0000256>
- Handayani, T., Ayubi, D., & Anshari, D. (2020). Literasi Kesehatan Mental Orang Dewasa dan Penggunaan Pelayanan Kesehatan Mental. *Perilaku Dan Promosi Kesehatan: Indonesian Journal of Health Promotion and Behavior*, 2(1), 9. <https://doi.org/10.47034/ppk.v2i1.3905>
- Hernawati, L. (2022). Gambaran Penyebab Mahasiswa Enggan Mencari Bantuan Profesional di Masa Pandemi Covid-19. *Psikodimensia*, 21(2), 198–205. <https://doi.org/10.24167/psidim.v21i2.4764>
- Idham, A. F., Rahayu, P., As-Sahih, A. A., Muhiddin, S., & Sumantri, M. A. (2019). Trend literasi kesehatan mental. *Jurnal Magister Psikologi UMA*, 11(1), 12–20. <https://doi.org/http://dx.doi.org/10.31289/analitika.v11i1.2294>
- Istiqomah, I. D., Shofia, A., & Ardiansyah, F. (2025). Pengaruh literasi kesehatan mental dan dukungan sosial terhadap perilaku pencarian bantuan psikologis profesional pada Gen Z di Kota Sorong. *J-CEKI: Jurnal Cendekia Ilmiah*, 4(3), 1012–1020. <https://doi.org/https://doi.org/10.56799/jceki.v4i3.8090>
- Jauhari, S. S. (2023). *Masalah Kesehatan Jadi Kekhawatiran Utama Masyarakat Global*. Data.Goodstats.Id. https://data.goodstats.id/statistic/masalah-kesehatan-jadi-kekhawatiran-utama-masyarakat-global-KcXtu#google_vignette
- Jorm, A. F. (2000). Mental health literacy: Public knowledge and beliefs about mental disorders. *British Journal of Psychiatry*, 396–401. <https://doi.org/10.1002/pchj.55>
- Jorm, A. F. (2012). Mental Health Literacy: Empowering the Community to Take Action for Better Mental Health. *American Psychologist*, 67(3), 231–243.

- <https://doi.org/10.1037/a0025957>
- Jorm, A. F., Korten, A. E., Jacomb, P. A., Christensen, H., Rodgers, B., & Pollitt, P. (1997). "Mental health literacy": A survey of the public's ability to recognise mental disorders and their beliefs about the effectiveness of treatment. *Medical Journal of Australia*, 166(4), 182–186.
<https://doi.org/10.5694/j.1326-5377.1997.tb140071.x>
- Jung, H., von Sternberg, K., & Davis, K. (2016). Expanding a measure of mental health literacy: Development and validation of a multicomponent mental health literacy measure. *Psychiatry Research*, 243, 278–286.
<https://doi.org/10.1016/j.psychres.2016.06.034>
- Kahar, A. S. J., & Saleh, H. H. N. (2024). Gambaran literasi kesehatan mental Maluku Utara: Berdasarkan jenis kelamin, usia, tingkat pendidikan, kabupaten/kota. *Psikosains: Jurnal Penelitian Dan Pemikiran Psikologi*, 19(2), 230–240.
<https://doi.org/http://dx.doi.org/10.30587/psikosains.v19i2.7039>
- Kartikasari, N., & Ariana, A. D. (2019). Hubungan Antara Literasi Kesehatan Mental, Stigma Diri Terhadap Intensi Mencari Bantuan Pada Dewasa Awal. *INSAN Jurnal Psikologi Dan Kesehatan Mental*, 4(2), 64.
<https://doi.org/10.20473/jpkm.v4i22019.64-75>
- Kemenkes RI. (2018). *Hasil Utama Riskesdas*.
- Kemenkes RI. (2023). Depresi pada Anak Muda di Indonesia. In *Badan Kebijakan Pembangunan Kesehatan*.
- Kesyha, P., Tarigan, T. B., Wayoi, L., & Novita, E. (2024). Stigma kesehatan mental dikalangan mahasiswa. *Journal on Education*, 06(02), 13206–13220.
<https://doi.org/https://doi.org/10.31004/joe.v6i2.5107>
- Khoir, A. K. (2023). Self-compassion dan help-seeking intention pada mahasiswa. *Jurnal Psikologi Talenta*, 9(1), 33–41.
<https://doi.org/https://doi.org/10.26858/talenta.v9i1.50562>
- Komiya, N., Good, G. E., & Sherrod, N. B. (2000). Emotional openness as a predictor of college students' attitudes toward seeking psychological help. *Journal of Counseling Psychology*, 47(1), 138–143.
<https://doi.org/10.1037/0022-0167.47.1.138>

- Kusumawati, P. D., Arlia, Abdal, F., Agustini, A., & Kurniawan, W. (2025). Analisis dampak stigma terhadap penyakit mental dan upaya pengurangannya di masyarakat. *PREPOTIF: Jurnal Kesehatan Masyarakat*, 9(1), 278–286. <https://doi.org/https://doi.org/10.31004/prepotif.v9i1.10353>
- Kutcher, S., Wei, Y., & Coniglio, C. (2016). Mental health literacy: Past, present, and future. *Canadian Journal of Psychiatry*, 61(3), 154–158. <https://doi.org/10.1177/0706743715616609>
- Link, B. G. (1987). Understanding Labeling Effects in the Area of Mental Disorders: An Assessment of the Effects of Expectations of Rejection. *American Sociological Review*, 52(1), 96. <https://doi.org/10.2307/2095395>
- Lumaksono, N. A. P., Lestari, P., & Karimah, A. (2020). Does mental health literacy influence help-seeking behavior in medical students? *Biomolecular and Health Science Journal*, 3(1), 45. <https://doi.org/10.20473/bhsj.v3i1.19093>
- McCreary, B. M., Danek, R., Ireland, E., & Reyes, E. (2024). Self-Stigma vs . Perceived Public Stigma Toward Mental Illness in Rural Adults Self-Stigma vs . Perceived Public Stigma Toward Mental Illness in Rural Adults Introduction : *Journal of Region Medical Campuses*, 7(3). <https://doi.org/https://doi.org/10.24926/jrmc.v7i3.5938>
- Mo, P. K. H., & Mak, W. W. S. (2009). Help-seeking for mental health problems among Chinese: The application and extension of the theory of planned behavior. *Social Psychiatry and Psychiatric Epidemiology*, 44(8), 675–684. <https://doi.org/10.1007/s00127-008-0484-0>
- Muhammad, K. F., & Achadi, A. (2024). Factor influencing telehealth utilization in mental health service: Systematic literature review. *Journal of Community Mental Health and Public Policy*, 7(1), 26–37. <https://doi.org/https://doi.org/10.51602/cmhp.v7i1.168>
- Natalia, S. J., & Fridari, I. G. A. D. (2022). The role of collectivist culture and mental health literacy in mental illness stigma among university students in Indonesia. *Journal of Psychology Research*, 12(4), 166–175. <https://doi.org/10.17265/2159-5542/2022.04.002>
- Nearchou, F. A., Bird, N., Costello, A., Duggan, S., Gilroy, J., Long, R., McHugh,

- L., & Hennessy, E. (2018). Personal and perceived public mental-health stigma as predictors of help-seeking intentions in adolescents. *Journal of Adolescence*, 66(May), 83–90. <https://doi.org/10.1016/j.adolescence.2018.05.003>
- Nejatian, M., Tehrani, H., Momeniyan, V., & Jafari, A. (2021). A Modified Version of The Mental Health Literacy Scale (MHLS) in Iranian People. *BMC Psychiatry*, 21(1), 1–11. <https://doi.org/10.1186/s12888-021-03050-3>
- O'Connor, M., & Casey, L. (2015). The Mental Health Literacy Scale (MHLS): A new scale-based measure of mental health literacy. *Psychiatry Research*, 229(1–2), 511–516. <https://doi.org/10.1016/j.psychres.2015.05.064>
- O'Connor, M., Casey, L., & Clough, B. (2014). Measuring mental health literacy-a review of scale-based measures. *Journal of Mental Health*, 23(4), 197–204. <https://doi.org/10.3109/09638237.2014.910646>
- Omondi, K. (2024). Mental Health Stigma and its Impact on Help-Seeking Behavior. *International Journal of Humanity and Social Sciences*, 3(3), 15–29. <https://doi.org/10.47941/ijhss.2082>
- Pace, K., Silk, K., Nazione, S., Fournier, L., & Collins-Eaglin, J. (2018). Promoting Mental Health Help-Seeking Behavior Among First-Year College Students. *Health Communication*, 33(2), 102–110. <https://doi.org/10.1080/10410236.2016.1250065>
- Paputungan, F. (2023). Karakteristik perkembangan masa dewasa awal. *Journal of Education and Culture (JEaC)*, 3(1).
- Pattyn, E., Verhaeghe, M., Sercu, C., & Bracke, P. (2014). Public stigma and self-stigma: Differential association with attitudes toward formal and informal help seeking. *Psychiatric Services*, 65(2), 232–238. <https://doi.org/10.1176/appi.ps.201200561>
- Pedersen, E. R., & Paves, A. P. (2014). Comparing perceived public stigma and personal stigma of mental health treatmen seeking in a young adult sample. *NIH Public Access*, 219(1), 143–150. <https://doi.org/10.1016/j.psychres.2014.05.017.Comparing>
- Putri, A. F. (2018). Pentingnya orang dewasa awal menyelesaikan tugas perkembangannya. *SCHOULID: Indonesian Journal of School Counseling*,

- 3(2), 35. <https://doi.org/10.23916/08430011>
- Rainer, P. (2023). *69,4% Masyarakat RI Belum Memakai Aplikasi Telekonsultasi Kesehatan Mental.* https://data.goodstats.id/statistic/694-masyarakat-ri-belum-memakai-aplikasi-telekonsultasi-kesehatan-mental-6j11W#google_vignette
- Rasyida, A. (2019). Faktor yang menjadi hambatan untuk mencari bantuan psikologis formal di kalangan mahasiswa. *Persona: Jurnal Psikologi Indonesia*, 8(2), 193–207. <https://doi.org/10.30996/persona.v8i2.2586>
- Rickwood, D., Deane, F. P., Wilson, C. J., & Ciarrochi, J. (2005). Young people's help-seeking for mental health problems. *Australian E-Journal for the Advancement of Mental Health*, 4(3), 218–251. <https://doi.org/10.5172/jamh.4.3.218>
- Rickwood, D., & Thomas, K. (2012). Conceptual Measurement Framework for Help-Seeking for Mental Health Problems. *Psychology Research and Behavior Management*, 5, 173–183. <https://doi.org/10.2147/PRBM.S38707>
- Santrock, J. W. (2011). *Life-Span Development* (13th ed.). Erlangga.
- Sari, D. R., & Asiyah, S. N. (2022). Mental Health Literacy and Self-Stigma on Intention to Seek Professional Psychological Help. *Journal of Health Science and Prevention*, 6(2). <https://doi.org/10.29080/jhsp.v6i2.746>
- Sari, M., Rachman, H., Astuti, N. J., Afgani, M. W., & Siroj, R. A. (2023). Explanatory Survey dalam Metode Penelitian Deskriptif Kuantitatif. *Jurnal Pendidikan Sains Dan Komputer*, 3(01), 10–16. <https://doi.org/10.47709/jpsk.v3i01.1953>
- Septiana, N. Z., Istiqomah, N., & Rahayu, D. S. (2024). Literasi kesehatan mental: Dampak perilaku dan resiliensi sosial pada remaja. *Jurnal Nusantara of Research*, 11(1), 81–91. <https://doi.org/https://doi.org/10.29407/nor.v11i1.21610>
- Setyaningrum, F. A., & Asyanti, S. (2023). *Perilaku Mencari Bantuan Ditinjau Dari Tingkat Literasi Kesehatan Mental Dan Persepsi Terhadap Stigma Masyarakat Pada Mahasiswa*. 20(2), 244–263.
- Shabrina, A., Prathama, A. G., & Ninin, R. H. (2021). Persepsi Stigmatisasi dan Intensi Pencarian Bantuan Kesehatan Mental Pada Mahasiswa S1. *Jurnal*

- Psikologi*, 17(1), 80–92. https://www.researchgate.net/profile/Retno-Ninin/publication/352859386_Persepsi_Stigmatisasi_Dan_Intensi_Pencarian_Bantuan_Kesehatan_Mental_Pada_Mahasiswa_S1/links/61dac2dbb6b5667157d872b8/Persepsi-Stigmatisasi-Dan-Intensi-Pencarian-Bantuan-Kesehatan-Ment
- Shi, W., & Hall, B. J. (2021). Help-Seeking Intention Among Chinese College Students Exposed to A Natural Disaster: An Application of An Extended Theory of Planned Behavior (E-TPB). *Social Psychiatry and Psychiatric Epidemiology*, 56(7), 1273–1282. <https://doi.org/10.1007/s00127-020-01993-8>
- Sitanggang, B. F., & Sudagijono, J. S. (2022). Help-Seeking Intention dan Self-Efficacy Mencari Bantuan Layanan Kesehatan Mental pada Mahasiswa. *Experientia: Jurnal Psikologi Indonesia*, 10(2), 108–120. <https://doi.org/10.33508/exp.v10i2.4086>
- Sugiyono. (2020). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D* (Sutopo (ed.)). Alfabeta.
- Sultan, S. (2012). Perceived Public Stigma and Attitudes Towards Seeking Psychological Help Among Turkish And Pakistani People. *Pakistan Journal of Psychology*, 43(1), 42–54. <http://search.ebscohost.com/login.aspx?direct=true&db=asn&AN=85505403&lang=tr&site=ehost-live>
- Thahir, A. (2022). *Psikologi Perkembangan* (Edisi 1). Pustaka Referensi. https://www.researchgate.net/publication/366982353_BUKU_PSIKOLOGI_PERKEMBANGAN
- Vogel, D. L., Wade, N. G., & Ascheman, P. L. (2009). Measuring Perceptions of Stigmatization by Others for Seeking Psychological Help: Reliability and Validity of a New Stigma Scale With College Students. *Journal of Counseling Psychology*, 56(2), 301–308. <https://doi.org/10.1037/a0014903>
- Vogel, D. L., Wade, N. G., & Haake, S. (2006). Measuring the Self-Stigma Associated With Seeking Psychological Help. *Journal of Counseling Psychology*, 53(3), 325–337. <https://doi.org/10.1037/0022-0167.53.3.325>
- Vogel, D. L., Wade, N. G., & Hackler, A. H. (2007). Perceived public stigma and

- the willingness to seek counseling: The mediating roles of self-stigma and attitudes toward counseling. *Journal of Counseling Psychology*, 54(1), 40–50. <https://doi.org/10.1037/0022-0167.54.1.40>
- WHO. (2022). Addressing mental health needs. In *World Health Organization. World Health organization.* <https://doi.org/10.1093/acprof:oso/9780195325256.003.0003>
- Widyastutik, C., & Pribadi, F. (2021). Makna Stigma Sosial Bagi Disabilitas Di Desa Semen Kecamatan Paron Kabupaten Ngawi. *Journal of Sociological Studies Paradigma*, 10(1), 1–23.
- Wilson, C. J., Deane, F. P., Ciarrochi, J., & Rickwood, D. (2005). Measuring help-seeking intention: Properties of the General Help-Seeking Questionnaire. *Canadian Journal of Counselling*, 39, 15–28.
- Yuliasari, H., & Pusvitasisari, P. (2023). Pelatihan Literasi Kesehatan Mental Untuk Kader Kesehatan Jiwa Sebagai Upaya Preventif Kasus Gangguan Jiwa Di Puskesmas Pakualaman. *MARTABE : Jurnal Pengabdian Masyarakat*, 6(4), 1299–1306.
- Zakiah, E., Akbar, Z., Mauna, Khoiruningrum, L., Nugroho, P. A., & Khofifah, K. N. (2023). Psikoedukasi literasi kesehatan mental remaja di desa Pasir Tanjung, Kec. Tanjungsari, Kabupaten Bogor, Jawa Barat. *Jendela Akademika: Jurnal Pengabdian Masyarakat*, 1(2), 75–83. <https://doi.org/https://doi.org/10.21009/JendelaAkademika.102.05>